



City of Gaithersburg Press Release

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For Immediate Release

La Milla de Mayo One-Mile Run and Festival Returns to Olde Towne May 4

Gaithersburg, MD (April 19, 2019) – Register now for the [4th Annual La Milla de Mayo](#) (The May Mile), a lively one-mile run/walk and Festival in Olde Towne, Gaithersburg on Saturday, May 4, 2019, from 5:30 to 7:30 p.m. The event, hosted by the City of Gaithersburg in partnership with the Montgomery County Road Runners Club (MCRRC), features a chip-timed race certified by USA Track & Field (USATF). Quarter and half-mile Kids Fun Runs precede the mile, allowing for participation by runners of all ages and levels.

La Milla de Mayo is the perfect one-mile run/walk for those new to running or who want to improve their time, all in the quaint surroundings of Gaithersburg's historic commercial center. A free Festival, open to the entire community, takes place during and after the run in the newly renovated [Olde Towne Plaza](#) at the corner of Summit and Diamond Avenues. The Festival features live music by salsa band Sol y Rumba performing music from Mexico, Honduras, and El Salvador, and dancing demonstrations by Gloria de la Danza. Enjoy food by DMV Empanadas and Canela Bakery and beer from Brawling Bear Brewing. Take part in salsa dancing, arts and crafts, and fun activities including a free book give-away. A Mariachi band will welcome racers to the finish line. Through corporate sponsorships and donations, event proceeds benefit the City's Dolores C. Swoyer Camp Scholarship Fund, which provides summer camp opportunities for income-qualified youth.

Adult registration is \$19 through April 30 and \$21 from May 1 until noon on May 3. Onsite Day of Race registration is \$25. For ages 5 to 10, the one-mile run registration is \$10 and for those 4 and under, registration is free. The quarter and half-mile Kids Fun Runs are free, but registration is required for all. Register online [here](#). Many volunteer opportunities are available through MCRRC [here](#).

Overall male and female race winners will each receive a beautiful glass award, sponsored by Lamb Awards. Age division winners will each receive a gift card sponsored by La Casita, and all racers will each receive a race medal sponsored in part by Lamb Awards and Montgomery County Road Runners Club. Event attendees can enjoy complimentary food bites sponsored by Red, Hot & Blue. Other event sponsors include Adventist HealthCare Shady Grove Medical Center, Clark Chiropractic, Classic Embroidery, Drink More Water, Gaithersburg Giants, Mix 107.3 and 105.9 FM WMAL.

Designed to highlight the vibrancy of Olde Towne and to engage residents in a fun, social fitness activity, La Milla de Mayo will start at the Girard Business Center and end at the Thomas Cannery Shopping Center along East Diamond Avenue. Runners, family members, friends, and community members are invited to warm up at the start line and cool down with music, dancing, crafts, and other family activities in Olde Towne Plaza. There is plenty of free parking in the Olde Towne area.

For more information visit www.gaithersburgmd.gov or call 301-258-6350.

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